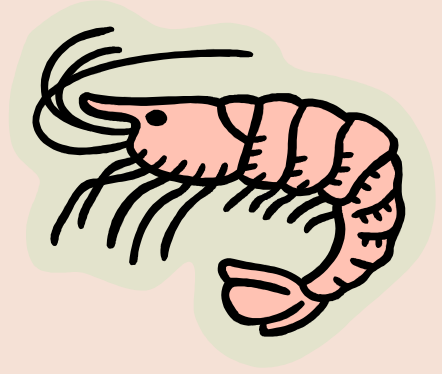


SHRIMP

Shrimp are abundant in the Louisiana Gulf Stream waters. They are found in several Cajun dishes and are an excellent source of selenium. They are low-fat, low-calorie, and less than a gram of fat. A typical serving (3 ounces cooked shrimp) has only 80 calories. Shrimp is also a very good source of vitamin D & vitamin B12. They provide large cardiovascular benefits and are well within the 300-milligram recommended daily limit of cholesterol.



With all types of shrimp, look for firm meat with a sweet, lightly briny aroma. Shrimp with discolored shells or an ammonia smell should be rejected. Purchasing frozen shrimp is fine as long as you can either see or feel for any problems. If the bag is transparent, look inside for ice crystals and discolored spots that may indicate freezer burn.

The most healthful ways to prepare shellfish include steaming, boiling, grilling, broiling, poaching and baking. The ideal is to add little or no butter, margarine, oil or shortening in cooking. Instead, enjoy the natural taste of shellfish or enhance them with lemon or lime juice, herbs, spices or marinades.

Nutrition Facts	
Serving Size: 5 oz.	
Amount per Serving	
Calories 54	Calories from Fat 5
% Daily Value *	
Total Fat 0.59g	1%
Saturated Fat 0.16g	1%
Monounsaturated Fat 0.11g	
Polyunsaturated Fat 0.24g	
Cholesterol 107mg	36%
Sodium 123mg	5%
Potassium 100mg	3%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 11.5g	23%
Vitamin A 2.5%	
Vitamin C 2%	
Calcium 2.1%	
Est. Percent of Calories from:	
Fat 9.8% Carbs 0.0%	
Protein 85.2%	